

## Maternal Weight Loss During Pregnancy (AK 14-USDA 132)

**Explain to Participant** You're enrolled in the WIC program today because you are loosing weight during this pregnancy. If you're not gaining enough weight or loosing weight your baby may be born too small. Babies born too small have a lot of mental and physical problems. The amount of weight you gain during a pregnancy has a lot to do with how big your baby grows by the time your deliver.

**Goal** The goal is to prevent you from loosing weight during this pregnancy, improve your weight gain and your infant's birth-weight and health.

**Suggestions for Reducing Risk** Follow the recommendations of your health care provider.  
See your doctor regularly to monitor your pregnancy and your baby's growth.  
Explain the nutrition education material suggested.  
Eat a variety of foods from all the food groups every day.  
Take prenatal vitamins every day.  
Drink 8 glasses of water every day.

Nutrition Education  
Material Suggested

**Foundation for Fitness...for Your Special Deliver (Available in Spanish)**

**Explain Applicable WIC Foods**

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron

**Explain What the WIC Nutrients Can Do for You!**

<b>Calcium</b>	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
<b>Iron</b>	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
<b>Vitamin C</b>	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
<b>Protein</b>	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
<b>Vitamin A</b>	Helps keep your skin healthy and smooth. Helps you see at night.

**Materials with More Information**

Eating for Two-Nutrition During Pregnancy (Available in Spanish)